

# Protect Yourself and Others from Influenza

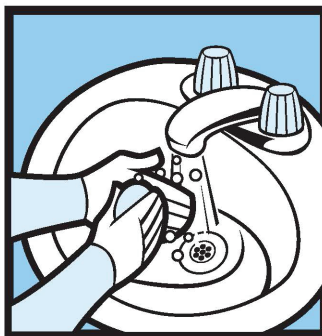
## Stop the spread of viruses that make you and others sick.



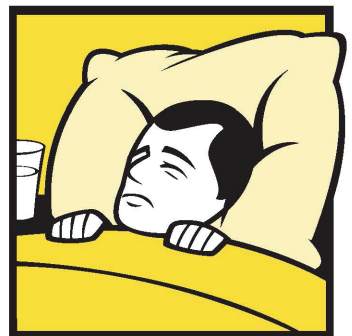
**Cover your mouth**  
and nose with a tissue  
when you cough or  
sneeze.



**No tissue?**  
Cough or sneeze into  
your elbow, not your  
hands.



**Clean your hands**  
often with soap and  
warm water, or a gel  
or alcohol-based  
hand cleanser.



**Stay home**  
if you are sick.

For more information, visit [saskatchewan.ca/flu](http://saskatchewan.ca/flu)